

Sleep Hygiene

Presented by : FAHC Behavioral Health Department

What is sleep hygiene?

Sleep hygiene is a variety of different practices that are necessary to have normal, quality nighttime sleep and full daytime alertness.

Why is it important to practice good sleep hygiene?

Sleep hygiene is important for everyone, from childhood through adulthood. A good sleep hygiene routine promotes healthy sleep and daytime alertness. Good sleep hygiene practices can prevent the development of sleep problems, disorders and other chronic health conditions.

Come join us as we help you understand how to use sleep hygiene to promote a healthier you!

A short sleep assessment will be provided and further treatment will be recommended based on results.

When: The 2nd or 4th Wed of the Month

27 Jul 16, 10 Aug 16, 24 Aug 16, 14 Sep 16, 28 Sep 16

Where: FAHC Wellness Clinic Classroom

Time: 1100 – 1200

Audience Invited: FAHC Patients, TRICARE Beneficiaries & DoD Civilians

Call 256-955-8888 ext 1440/1026 to register.

